

Kids Fitness & Stretch Classes

“FIT KIDZ”



Dear Parents & Carers,

I am so pleased to announce that I will be running a fitness/aerobics & stretch class for children in year groups 1 to 6 starting in September.

As some of you may know I am a qualified Primary School Teacher (BEd Honours) with over 10 years teaching experience. I am also parent at St Pauls and a qualified Fitness Instructor with qualifications in:

Zumba, Zumba Toning, STONG By Zumba, Metafit, Fightklub, Fitness Pilates & Powerhoop. I run regular classes both locally and am employed by Sportspace as a Fitness Instructor.

My main aim is for children to have fun and get fit! Through a mixture of fun routines, games, dance and activities, children will:

- Gain strength and confidence
- Develop balance and co-ordination
- Develop their spatial awareness
- Feel motivated and work both independently and part of a team
- Be inspired to enjoy fitness and activity
- Develop an understanding of how the body changes during exercise
- Understand the importance of warming up and cooling down when exercising
- Learn some basic Pilates moves

We will focus on having fun & be active for the first 20 minutes and finish with 10 minutes of stretch and relax, using a combination of basic pilates moves suitable for children.

The charge is £4.00 per session and classes will be held on Monday during lunch time for 30 minutes.

If you have any queries please do not hesitate to contact me on:

lucywattleyzumba@gmail.com

07958 290119

Kind Regards

Lucy Wattley

FIT KIDZ Booking form
St Pauls School Chipperfield

Full Name of Child 1: Age:

Full Name of Child 2: Age:

Parent/Carers Name:

Email Address:

Home Telephone No: Mobile No:

Medical Conditions:

Enclosed Payment Amount:

AUTUMN TERM 2017

Monday 11th September to Monday 16th October 2017 (6 weeks) £24

Monday 6th November to Monday 11th December 20017 (6 weeks) £24

Total for 12 weeks - £48.00

I enclose a cheque **I have paid via bank transfer** **I enclose cash**

Bank details for transfer:

Mrs Lucy Wattley

Account No: 39513807

Sort Code: 600008

Ref: your child's name

Cheques made payable to: Mrs Lucy Wattley